



# 2023 Mental Health Stigma Roundtable Discussion Series

## Roundtable 2

# The Experience of Mental Health Stigma Among Diverse Groups

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# Housekeeping and Disclosure Information

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- When logging in, use your full name. This assists us in tracking for CEUs.
- There will be a Q&A at the end. Please type questions into chat as you think of them.
- All panelists and planners have no financial relationships to disclose with ineligible companies whose primary business is producing, marketing, selling, re-selling, or distributing healthcare products used by or on patients.
- This roundtable is approved for Continuing Education for Peer Specialists, Physicians, Psychologists, and Social Workers. Link to view details: [bit.ly/CEU-Information](https://bit.ly/CEU-Information)
- Please email CEU questions to: [karin.wagner@omh.ny.gov](mailto:karin.wagner@omh.ny.gov)

# New York State Office of Mental Health

## Continuing Education Accreditation Statements

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### Social Work Accreditation

State of New York Office of Mental Health (OMH) is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #SW-0227. Licensed Master Social Workers (LMSWs) and Licensed Clinical Social Workers (LCSWs) who attend this class in its entirety will receive **1.5 contact hours** toward renewal of their social work license.

### Peer Accreditation

State of New York Office of Mental Health (OMH) is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for certified Peer Specialists.

### Psychology Accreditation

State of New York Office of Mental Health is recognized by the New York State Education Department's State Board for Psychology as an approved provider of continuing education for licensed psychologists #PSY-0122.

### CME Accreditation

This activity has been planned and implemented in accordance with the Accreditation Requirements and Policies of the Medical Society of the State of New York through the joint providership of the New York State Office of Mental Health's Bureau of Psychiatric Services & Research Institute Support and Behavioral Health News.

The Bureau of Psychiatric Services & Research Institute Support is accredited by the Medical Society of the State of New York to provide continuing medical education for physicians.

The Bureau of Psychiatric Services & Research Institute Support designates this **live internet activity** for a maximum of **1.50 AMA PRA Category 1 Credits**. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

### CME Disclosure Statement

The Bureau of Psychiatric Services & Research Institute Support relies upon planners and faculty participants to provide educational information that is objective and free of bias. In this spirit & in accordance with the Bureau of Psychiatric Services & Research Institute Support & MSSNY guidelines, all speakers & planners must disclose financial relationships with ineligible companies whose products, devices or services may be discussed in the CME content or may be perceived as a real or apparent conflict of interest. Any discussion of investigational or unlabeled use of a product will be identified.

**The planners and presenters for this educational activity do not have any financial relationships to disclose with ineligible companies whose primary business is producing, marketing, selling, re-selling, or distributing healthcare products used by or on patients.**

All disciplines must attend sessions in their entirety.

# Upcoming Roundtable Discussions

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## Roundtable 3

Topic: **The Role of the Media in Reducing Stigma**

Date: 2/9/23 at 2pm ET

## Roundtable 4

Topic: **Paths to Reduce Stigma and Promote Positive Attitudes**

Date: 3/2/23 at 2pm ET

Registration and Details: [BehavioralHealthNews.org/stigma-roundtables](https://BehavioralHealthNews.org/stigma-roundtables)

# Discussion Guidelines

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- Type your questions into the chat during panel discussion
- Ask for information if we use terms or jargon that is unclear
- Be open to alternative views
- Be comfortable with unfinished conversations
- Practice self-care
- Challenge respectfully
- Share your experiences

# Disparities Among Diverse Groups

- African Americans are more frequently diagnosed with schizophrenia and less frequently diagnosed with mood disorders (Bell, et al., 2015), compared with Whites exhibiting the same symptoms
- Asians (20.2%) received the lowest amount of mental health services in the past year, compared to non-Hispanic White (48%), Hispanic (32.6%) or Black (30.6%) communities (U.S. Census, 2017).
- The rate of suicide attempts is four times greater for Lesbian, gay, and bisexual youth and two times greater for questioning youth than that of heterosexual youth (Kann et al., 2015).
- Studies have shown older Hispanic adults & youth are especially vulnerable to psychological stresses associated with immigration and acculturation (APA, 2017).
- Rates of depression are lower in blacks (24.6%) and Hispanics (19.6%) than in whites (34.7%), but is likely to be more persistent in blacks and Hispanics (Budhwani, Hearld, and Chavez-Yenter, 2015).

# Mental Health Stigma and Intersectionality

## Intersectionality:

- The recognition that an individual's experiences and opportunities are determined by their multiple intersecting social characteristics (e.g., gender, sex, race, ethnicity, age, social class) that expose them to diverse systems of oppression or privilege.



## Intersectional Stigma of Mental Illness

- The systematic processes of exclusion or privilege generating vastly different stigma experiences among persons with mental illness based on their race, ethnicity, gender, gender identity, sexual orientation and or other marginalized statuses (Lekas et al. 2022).

# Meet the Panelists

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**Darlene M. Carrera, LCSW**, Clinical Trainer for OnTrackNY, Center for Practice Innovations

**Ruth Colón-Wagner, LMSW**, CEO & Executive Director, VCS Inc.

**Kim D. Kaiser**, Director of Diversity, Equity, and Inclusion, Families Together in New York State

**Randy Killings, CPS**, Director of Peer Services, Rainbow Heights

**Katheryn L. Roberson, PhD**, Postdoctoral Research Fellow, Mental Health Equity, Institute for Health Equity Research, Icahn School of Medicine at Mount Sinai

**Tiara Springer-Love, LMSW**, (She/Her), Director of Youth Power, Families Together in New York State

# Meet the Researchers

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**Helen-Maria (Marilena) Lekas, PhD**, Co-Director, Center for Research on Cultural and Structural Equity (CCASE), Division of Social Solutions and Services Research, Nathan S. Kline Institute for Psychiatric Research, and Associate Professor of Psychiatry, Grossman School of Medicine, New York University

**Philip Yanos, PhD**, Professor, John Jay College of Criminal Justice, City University of New York Psychology Department



# Resources

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**Register and learn more about the upcoming Mental Health Stigma Roundtables**

[BehavioralHealthNews.org/stigma-roundtables](https://BehavioralHealthNews.org/stigma-roundtables)

**View the special issue of Behavioral Health News**

“Understanding the Impact of Stigma”

[BehavioralHealthNews.org/bhn-summer-2022-issue](https://BehavioralHealthNews.org/bhn-summer-2022-issue)

**Visit the New York State Office of Mental Health Resources**

<https://omh.ny.gov/omhweb/resources/publications/>

# **Next Roundtable:**

## **“The Role of the Media in Reducing Stigma”**

2/9/23 at 2pm ET

Registration and Details: [BehavioralHealthNews.org/stigma-roundtables](https://BehavioralHealthNews.org/stigma-roundtables)

### **Panelists**

**Ellen Barry**, Mental Health Reporter, The New York Times

**Daniel Bergner**, Author and Journalist, The New York Times Magazine

**Christina Caron**, Reporter, The New York Times

**Lindsay Holmes Brech**, Senior Wellness Editor, HuffPost

**Brigid Jaipaul-Valenza**, Managing Editor, News | Executive Producer ‘Buffalo, What’s Next?’,  
Buffalo/Toronto Public Media

**Micha Kirsch-Ito**, Communications Program Manager for Equity and Belonging, Vibrant Emotional Health